

Piragis Northwoods Canoe Trip Menu

We will use your menu selections as a guide when packing your food. We will do our best to make sure that you have ample portions without carrying too much food. When you arrive in Ely, we will go over the food packout with you to make sure you know how to prepare everything and you are happy with the quantity. At that time, we can adjust portions as appropriate. Please fill out the menu completely. The directions are listed on each page. If you would like us to build the menu for you, please select that option below.

Party Name: _____ # of Adults: _____ # of Youth: _____

Trip Start Date: _____ Trip End Date: _____

of Nights: _____ (This will be the number of breakfasts and dinners that you select.)

of Days: _____ (This will be the number of lunches you select.)

Please build the menu for us. Everything looks good. We have no allergies or vegetarians in our group. If you select this option, stop. You are done. If you would like to make your own selections, leave this blank and please continue.

Are there any vegetarians in your group? Yes No

If yes, please explain:

Does anyone in your group have a food allergy? Yes No

If yes, please explain:

Please make any comments, notes, or special requests below:

When complete, submit below or:

Print and mail to: Piragis Northwoods Company 105 N Central Ave Ely MN 55731	Print and fax to: 218-365-6220	Scan and email to: adam@piragis.com	Any Questions? Call 800-223-6565
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Breakfast: Please choose one meal for the entire group for each morning. Enter the number of mornings your group would like each meal. The total number of meals you should select is the same as the number of **NIGHTS** on your trip. *For example, a 5-day, 4-night trip should select 4 breakfasts in total.*

Boundary Waters Breakfast Sandwich - ♦
Fresh eggs, bacon, and cheese on a bagel

✂ = Vegetarian
 ♦ = Only once per trip
 ✓ = Grab and Go, no prep required

Breakfast Scramble - ♦
Fresh eggs, pork sausage, onions, peppers and cheese with a tortilla

Omelet/Wrap
Dehydrated Western Omelet (bell peppers and onions) with cheese and salsa wrapped in a tortilla

Blueberry Pancakes with Syrup and Bacon

Breakfast items we will provide as needed:

- Butter
- Ketchup
- Cooking Oil
- Spice Kit

Cache Lake Biscuits and Gravy - ✂

Oatmeal Packets with Dried Fruit - ✂

Original Crapola with Dried Milk (optional) - ✂ - ✓
Cran-apple granola made in Ely

Colonial Times Crapola with Dried Milk (optional) - ✂ - ✓
Strawberry-blueberry granola made in Ely

Please check any additional breakfast items:

- Hash Browns
- Hot Sauce
- Extra Onion
- Extra Cheese
- Honey
- Peanut Butter
- Cream Cheese - ♦
- Dried Fruit

Light Breakfast - ✓ - ✂
Assortment of breakfast bars, dried fruit, and nuts. Good for light appetites.

Drinks: Check the drink options you would like for your trip.

- | | | |
|---|---|--|
| <input type="checkbox"/> Coffee – Regular Ground | <input type="checkbox"/> Tea – Black | <input type="checkbox"/> Hot Chocolate |
| <input type="checkbox"/> Coffee – Regular Singles | <input type="checkbox"/> Tea – Green | <input type="checkbox"/> Hot Apple Cider |
| <input type="checkbox"/> Coffee – Decaf Ground | <input type="checkbox"/> Tea – Earl Grey | <input type="checkbox"/> Gatorade |
| <input type="checkbox"/> Coffee – Decaf Singles | <input type="checkbox"/> Tea – Constant Comment | <input type="checkbox"/> Crystal Light |
| <input type="checkbox"/> Sugar | <input type="checkbox"/> Tea – Flavored Herbal | <input type="checkbox"/> Tang |
| <input type="checkbox"/> Creamer | <input type="checkbox"/> Honey | |

How many coffee drinkers? _____

Lunch: Please choose one meal for the entire group for each lunch. Enter the number of days your group would like each lunch. The total number of meals you should select is the same as the number of **DAYS** on your trip. *For example, a 5-day, 4-night trip should select 5 lunches in total.*

Boundary Waters Charcuterie - <> (only once per trip)
Boar's Head salami, aged cheddar cheese, and crackers with apples

Summer Sausage with Cheese on:
Select your choice of: Tortillas or Crackers or Pita

Peanut Butter and Jelly on: ✨
Select your choice of: Tortillas or Pita

Tuna with Cheese on:
Select your choice of: Tortillas or Crackers or Pita

Boar's Head Hummus on: ✨ - <> (only once per trip)
Select your choice of: Pita or Crackers Add Carrots

Blueberry Bagel with Summer Sausage and Cheese
Don't laugh until you try!

Bean Wrap with Cheese and Salsa - ✨

Cache Lake Wild Rice and Veggie Soup with Crackers - ⌚
Great for a long lunch or rainy day on the lake!

Snack Lunch - ✓
*Assortment of beef jerky, granola bars, trail mix, and Portage Bars (made here in Ely by Crapola).
Best for light appetites or a quick lunch on a travel day.*

✨ = Vegetarian
⌚ = Takes some time, best for layover days
✓ = Grab and Go, no prep required
<> = Only once per trip

Snack Options:

In addition to the meals listed above, we will provide snacks. Please check which selections you would like to include. Remember the more you pick, the heavier the food pack gets.

- Cookies
- Granola Bars
- Hard Candy
- Dried Fruit
- Cup O' Soup (great for those cold days)
- Fresh Fruit (only once)
- Fresh Carrots (only once)
- Beef Jerky
- Trail mix

Items we will provide when appropriate:

- Mustard
- Mayo
- Ketchup
- Spice Kit

Dinner: Please choose one meal for the entire group for each dinner. Enter the number of days your group would like each dinner. The number of meals you should select is the same as the number of **NIGHTS** on your trip.
For example, a 5-day, 4-night trip should select 4 dinners in total.

Grilled Dinner with Potato and your choice of veggie – (first night only) - ⌚
**Enter the number of group members who want each item below*
 _____ Steaks _____ Chicken Breasts _____ Veggie Burgers - ✨
Select your choice of: peas or corn or fresh carrots

✨ = Vegetarian
 ⌚ = Takes some time

Campfire Pizzas on Pita with Sauce & Mozzarella Cheese - ⌚
Select all your topping choices: pepperoni onion garlic peppers

Beans and Rice, add Polish Sausage and your choice of veggie
Select your choice of: peas or corn

Grilled Sausages (pre-cooked) and Buns with your choice of side
Select your choice of: mashed taters or mac and cheese or corn

Fish Fry with Garlic Herb Mashed Potatoes and your choice of veggie (You catch the fish!) - ⌚
Select your choice of: peas or corn ---- Tartar Lemon Juice

Helpful Hints:

- Remember, the more fresh options you select, the heavier your food pack will be.
- Freeze-dried entrees are fast, easy to prepare, and better than ever.
- Sides, desserts, and additional items are nice, but remember, they add weight and take time to prepare.

Freeze Dried Entrees – Eat well and save weight – (hearty, light-weight meal options)

Pesto Chicken Pasta
Select your choice of: peas or corn or mashed taters

Fettuccini Alfredo with Chicken
Select your choice of: peas or corn or mashed taters

Szechuan Chicken and Rice
Select your choice of: peas or corn or mashed taters

Beef Stroganoff with Mushrooms
Select your choice of: peas or corn or mashed taters

Kathmandu Curry - ✨
Select your choice of: peas or corn or mashed taters

Three Cheese Mac & Cheese - ✨
Select your choice of: peas or corn or mashed taters

Pad Thai - ✨
Select your choice of: peas or corn or mashed taters

Lasagna - ✨
Select your choice of: peas or corn or mashed taters

Desserts: Pick a dessert for the group each night (optional).

- Chocolate Pudding
- Vanilla Pudding
- Chocolate Bars
- S'mores
- Hot Apple Crisp
- Triple Berry Crisp
- Peach Blueberry Crisp
- Camp Dark Chocolate Cheesecake

Please check any additional dinner items:

- Italian Fry Bread Onion Fry Bread
- Garlic Fry Bread Plain Fry Bread
- Dill Fry Bread Extra Onions
- Extra Cheese Extra Garlic
- Extra Fish Fry Fixings

Dinner Items we will provide when appropriate:

- Ketchup
- Mustard
- Mayo
- Butter
- Spice Kit
- Cooking Oil

Please provide any additional comments:

A large empty rectangular box intended for providing additional comments.